

# Y12SR

## The Yoga of 12-Step Recovery

*The issues live in our tissues.*

*Y12SR combines the practical tools of the 12-step program with the ancient wisdom of yoga.*

*Combining the two, creates a model that truly addresses addiction as the physical, mental & spiritual dis-ease that it is.*

*Y12SR is a 12-step based discussion and yoga practice open to anyone and everyone dealing with their own addictive behavior or affected by the addictive behavior of others. This is a open and inclusive group. All A's are welcome.*

*Wear comfortable clothing.*

*Meetings are by donation.*

*when:* **Sundays, 6:30 – 8:30 p.m.** *for more info:* Contact Cathy at [cpompeo@ymail.com](mailto:cpompeo@ymail.com)  
Classes Start January 4, 2015 or [lincolnyogacenter@gmail.com](mailto:lincolnyogacenter@gmail.com)

*where:* **Lincoln Yoga Center**  
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(402) 570-1114



*Join the movement*